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THE CITY OF
SPRINGFIELD, MASSACHUSETTS

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FOR IMMEDIATE RELEASE

FLU SEASON 2015 – 2016

Flu is a serious disease if left unprotected causing illness and in some cases disability and death. However, it is an imminently preventable disease almost always.

The Center for Disease Control and Prevention (CDC) recommends that everyone 6 months of age and older be immunized against influenza (flu). Vaccination is safe and easy to do by local Boards of Health, Pharmacies, Physician's Offices and Supermarkets with a pharmacy. Take advantage of every opportunity as flu vaccine becomes available. Then within two weeks of getting the flu shot you should be protected.

Know The Flu Facts:

F – Fever
A – Aches
C – Chills
T – Tiredness
S – Sudden onset

These symptoms are often accompanied by:

- Dry cough
- Sore throat
- Runny and/or stuffy nose

CDC urges all of us to take the following actions to protect yourself, your family, friends and neighbors from influenza (flu). "Take 3" actions to fight flu.

1. Take time to get the flu vaccine
 - Everyone 6 months of age and older
 - High risk persons

- People at high risk of serious flu complication-pregnant women, people with asthma, diabetes or heart and lung disease and people 65 years and older
 - Health care workers
 - Children younger than 6 months but are too young for the vaccine so their care givers must be vaccinated.
2. Take everyday preventive actions to stop the spread of germs.
- **GET THE FLU SHOT**
 - Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
 - If possible, stay home from work, school and errands when you are sick. You will help prevent others from catching your illness.
 - Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
 - Washing your hands often will help protect you from germs.
 - Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eye, nose or mouth.
3. Take flu antiviral drugs if your doctor prescribes them.
- Antiviral drugs are different from antibiotics. They are prescription medicine (pills, liquid or an inhaled power) and are not available over-the-counter.

Flu season is here and it is up to you to avoid this illness and stay well. According to Health and Human Services, Commissioner Helen R. Caulton-Harris, “even healthy people should get the flu shot and avoid the risk of contracting and/or spreading influenza”.

For more information: www.springfield-ma.gov
www.mylocalclinic.com
www.mass.gov.dph
<http://www.mass.gov/handwashing>